

Eat Your Colors Every Day!

EDUCATING STUDENTS ON FRUITS AND VEGETABLES

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Tips

Help Students Eat More Fruits and Vegetables

Serving Line Daily

- ◆ Increase the variety of fruits and veggies on your lines.
- ◆ Offer colorful choices of several different kinds of fruits and veggies. Make the line your rainbow!
- ◆ Include a variety of fresh, frozen, canned, and dried fruit choices.

Merchandising Weekly

- ◆ Announce new fruit or veggie choices over the public announcement system at your school.
- ◆ Advertise new fruits and veggies with point of sale displays.
- ◆ Introduce new fruits and veggies by offering free tasting samples.

Nutrition Education Monthly

- ◆ Post Fun Facts about fruits and veggies on your menus, bulletin boards, etc.
- ◆ Go to:
www.aboutproduce.com
*Click on Produce A-Z
- ◆ Provide teachers with classroom activities from www.5aday.org
*Click on Kids
*Click on Education

Understand and Use the Color Model

Produce for Better Health Foundation's 5 A Day The Color Way campaign is designed to increase the amount of fruits and vegetables people eat. It is an easy way to present fruits and vegetables to students to help them select a healthful variety. The graphic below explains the five color groupings.

Each of the five color groupings makes a unique contribution to the wide range of vitamins, minerals, fiber, and phytochemicals¹ needed to maintain good health.



Serve your students a variety of fruits and vegetables from each color grouping every day. Eat 5 A Day The Color Way yourself to

be a role model for your students, co-workers and family members.

Some popular fruits and vegetables in each grouping are:

BLUE/PURPLE

Blueberries
Raisins
Eggplant
Purple Cabbage

GREEN

Green apples
Green grapes
Broccoli
Green beans
Leafy greens

WHITE

Bananas
Brown pears
White peaches
Cauliflower
Potatoes
Mushrooms
Onions

YELLOW/ORANGE

Apricots
Nectarines
Oranges
Carrots
Sweet corn

Sweet potatoes

RED

Red apples
Red grapes
Red pears
Strawberries
Red potatoes
Tomatoes

Feature different colors of the same item, such as red, green, and yellow apples or red, brown, and green pears.

Promote healthy choices by menuing and serving a colorful variety of fruits and vegetables as part of reimbursable breakfasts and lunches and as an a la carte alternative.

¹Phytochemicals are natural compounds that provide many of the colors in fruits and vegetables as well as their unique health benefit.

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www.pbhfoundation.org
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